

# HELLO NAUGATUCK!

## A Christmas Tree In June

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### What do you do with a Christmas tree when there is no where to store it?

Why you dress it up as a holiday tree and place it in your front window!

That is what Mary Jane Guiffredo did at the Naugatuck VNA. She and her helpers decorated the tree with American flags, cloth strawberries and ribbons.

This week's red, white and blue tree ornaments replaced the yellow ducks that had adorned the tree last week for the Duck Race.

Keep tuned for future holiday decorations and stop by to see the tree while you have a free **blood pressure check**.

## Summer Safety...are you ready for emergencies?

### Health Facts

- *Don't take OTC medicines without your doctor's knowledge*
- *Have regular health check ups*
- *Keep emergency numbers listed on the refrigerator*
- *Exercise, eat moderately, get adequate sleep*

Designate an emergency meeting place with family

Notify fire department if you have special needs like oxygen

Prepare a first aid kit:

Medications, eye glasses, hearing aides

Determine who your family emergency contact is

Keep gas in your car, check fluids & tires

Things to keep on hand:

Battery powered radio

Flashlight & batteries

Non-perishable food

A 1 gallon supply of water per person per day

A can opener and plastic utensils

Extra money for vending machines

Extra clothes, pillow & blanket

Pack documents in a plastic zip lock bag:

Personal health record

Medical health Insurance card

Birth certificate

Passports or visa

Wills & power of attorney

Personal phone/address book

## FIVE STEPS TO SAFER HEALTH CARE

### 1. Speak up if you have questions or concerns.

It's important to ask questions and make sure you understand the answers. Choose a doctor who you feel comfortable talking to about your health and treatment. Take a relative or friend with you if this will help you ask questions and understand the answers.

### 2. Keep a list of all medicines you take.

Tell your doctor and pharmacist about the medicines that you take, including over-the-counter medicines such as aspirin, ibuprofen, and dietary supplements like vitamins and herbs. Tell them about any drug allergies you have.

### 3. Make sure you get the results of any test or procedure.

Ask your doctor or nurse when and how you will get the results of tests or procedures. If you do not get them when expected- in person, on the phone, or in the mail- don't assume the results are fine. Call your doctor and ask for them. Ask what the results mean in your case.

***Talk to your doctor! Don't be left in the dark about your health.***



### 4. Talk with your doctor and other members of your health care team about your options if you need hospital care.

If you have more than one hospital to choose from, ask your doctor which one has best care and results for your condition. Hospitals do a good job of treating a wide range of problems. However, for some procedures (such as heart bypass surgery), research shows results often are better at hospitals doing a lot of these procedures. Also, before you leave the hospital, be sure you understand the instructions.

### 5. Make sure you understand what will happen if you need surgery.

Ask your doctor, "Who will take charge of my care while I'm in the hospital?"

Ask your surgeon:

- Exactly what will you be doing?
- How long will it take?
- What will happen after the surgery?
- How can I expect to feel during recovery?

Make sure you, your doctor, and your surgeon all agree on exactly what will be done during the operation. Tell the surgeon, anesthesiologist, and nurses if you have allergies or have ever had a bad reaction to anesthesia

## TIPS:

***Take someone along for your doctor visit. Two sets of ears hear more than one.***

***Record information told to you from your doctor in a note book for later referral.***

***Keep important phone numbers in your wallet or pocketbook.***

## Fall Prevention List

Have a lamp or light switch that you can easily reach without getting out of bed.

Use night-lights in the bedroom, bathroom and hallways.

Keep a flashlight handy.

Have light switches at both ends of stairs and halls. Install handrails on both sides of stairs.

Turn on lights when you go into the house at night.

Add grab bars in shower, tub and toilet areas.

Use bath mats with suction cups.

Use nonslip adhesive strips or a mat in shower or tub.

Consider sitting on a bench or stool in the shower.

Consider using an elevated toilet seat.

Wear nonslip, low-heeled shoes or slippers that fit

snugly. Don't walk around in stocking feet.

Remove all extraneous clutter in house.

Keep telephone and electric cords out of pathways.

Tack rugs and glue vinyl flooring so they lie flat. Remove or replace rugs or runners that tend to slip, or attach nonslip backing.

Use helping devices, such as, canes when necessary.

## More prevention.....

Purchase a step stool with high and sturdy handrails. Repair or discard wobbly step stools. Do not stand on a chair to reach things. Store frequently used objects where you can reach them easily.

Paint the edges of outdoor steps and any steps that are especially narrow or are higher or lower than the rest.

Paint outside stairs with a mixture of sand and paint for better traction.

Keep outdoor walkways clear and well lighted.

Keep snow and ice cleared from entrances and sidewalks.

Review medications with your doctor or pharmacist. Some drugs, including over-the-counter drugs, can make you drowsy, dizzy and unsteady.

Watch your alcohol intake. More than two drinks per day can cause unsteadiness.

Have your hearing and eyesight tested. Inner ear problems can affect balance. Vision problems make it difficult to see potential hazards.

Exercise regularly to improve muscle flexibility and strength.

If you feel dizzy or light-headed, sit down or stay seated until your head clears. Stand up slowly to avoid unsteadiness.



***Call the NVNA  
for a free home  
safety check!***

## Need a Home Evaluation

***Call our office  
to speak to our  
Physical Therapists  
for assistance with  
home safety  
evaluations and  
advice on the use of  
assistive devices.***

### TIPS:

***Wear shoes indoors & out***

***Remove all area rugs***

***Be sure your cane fits you***

## Naugatuck VNA Services...

The Naugatuck VNA was established in the 1920s under the auspices of the American Red Cross

Services are provided under the order of a licensed physician to adults who are 18 years and older and residents of the Borough of Naugatuck.

Care givers participate in workshops, symposiums and in service educational programs.

Services include:

Nursing

Physical Therapy

Occupational Therapy

Speech Therapy

Medical Social Worker

Home Health Aides

The staff includes a director, supervisor of clinical services, registered nurses, physical therapists, home health aides, and office personnel.

Speech therapy, occupational therapy and medical social worker services are provided by professionals under contract with our department.

Other Services:

Bath Aide Program

Private pay medication assistance

Home safety checks

Referrals to community resources

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## About Our Organization.....

The Mission of the Naugatuck Visiting Nurses Association is to provide quality Home care services in a safe and cost effective manner to individuals in need of such services in the community.

